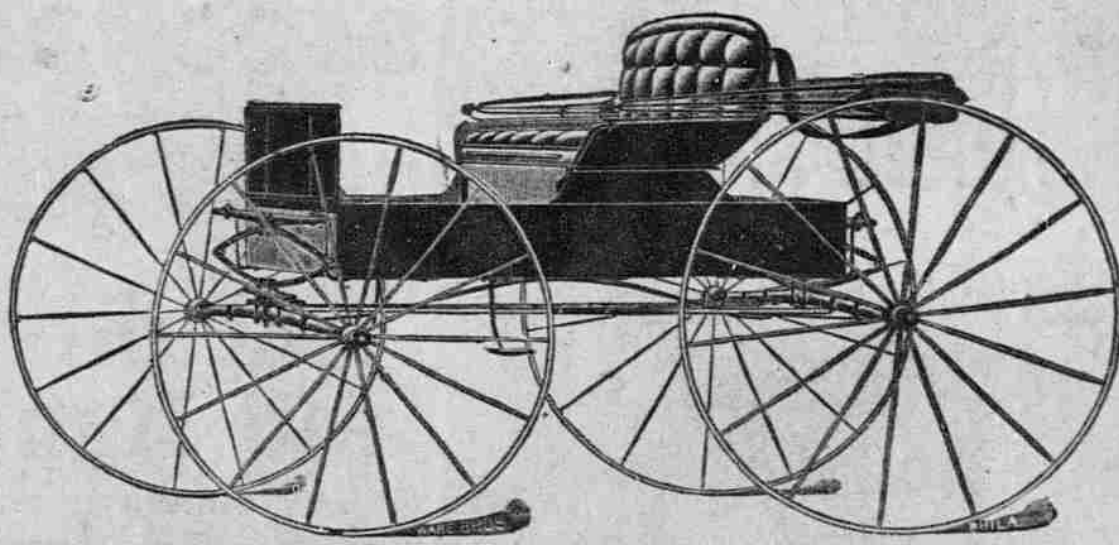


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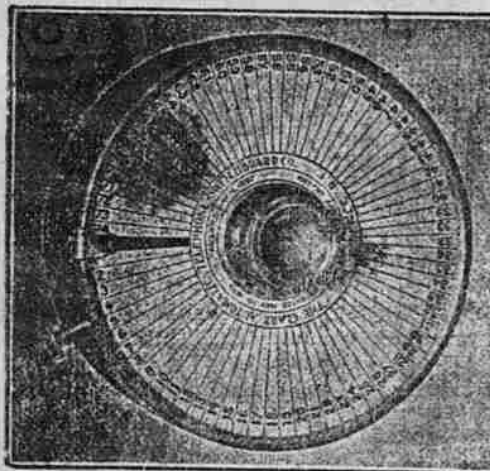
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## EXERCISE IN TROPICS

(Continued from Page 9.)

and it is just there that those people need some direction and advice in the careful selection of, nature and amount of exercise necessary for each individual.

They begin under the guidance of some physical trainer, who through practice and training has learned to note these things and with their instruction, you will see the fatigue gradually disappear, the capacity for doing and enduring is increased, the natural functions of the body are improved, and a brighter mind rejoices with a healthier body.

This is the use of exercise. But the majority of us are prone to the other side, the abuse. I mean by that, that we make spasmodic efforts and we take violent exercise once in a while, with no method and at any time; we play hard, or ride hard, or in some way overdo for a short time and then relax into laziness again. This does no good but is harmful. Great fatigue is bad and is a condition of lowered vitality.

Who has not observed the revolution in scholastic training during the last epoch? It has been demonstrated by the most skillful observers that the brightness of the mind, the intellectual clearness and its aptitude for absorbing knowledge, is increased with regular physical exercise and development, and that the girl who enjoys exercise and sports as well as study, is invariably the one who leads in knowledge, and is better able to fill her place as a woman.

In conclusion I will say: I heartily endorse physical training consisting of classes of instruction with directions for conducting exercises at home and trust that your classes may be full, and the work of the Physical Department of the Y. W. C. A. as successful as it deserves.

GEORGE HERBERT.

**DR. GEO. AUGUR'S VIEWS.**

The question is sometimes asked, Is physical exercise of benefit in a climate like this of Honolulu? My own opinion is, after a residence here of four years, that it is not only beneficial but absolutely necessary for the maintenance of perfect health and harmonious development of the whole body. What better illustration do we need of the beneficial results to be obtained from physical exercise, and an out of door existence, coupled with a simple diet, than is afforded by the magnificent development of the early Hawaiians.

That muscular development is dependent upon exercise is a fact cognizant to every thoughtful person, while on the other hand it is not generally known "that increased use of a group of muscles, especially during the period of growth, leads to an increase in the size and efficiency of the nerve-cells of the spinal cord and brain which are connected with them, as it is known to be in the case of the muscles themselves." To carry this thought still further, Sir James Crichton-Browne, a distinguished writer on mental diseases, goes so far as to speculate upon the possibility that "swaddling bands so applied at birth as to restrain all muscular movements and kept on during infancy and childhood, would result in idiocy—a speculation to which the wretched muscular development of most idiots and imbeciles, and the fact that their mental training is most successfully begun and carried on through muscular lessons, give some countenance."

That the effect of muscular exercise acts beneficially not only in developing the muscles and stimulating the cell growth of the nerve centers, but also in increasing the circulation and nutrition of every organ in the body, is apparent from what has been written. While the greatest development from the systematic training of the body takes place during childhood and youth, yet the beneficial results to be obtained from intelligently directed instruction in gymnastics, in way of improvement to the general health, increased muscular strength, and graceful carriage are not confined to extreme youth.

GEORGE J. AUGUR, M. D.

**DR. HUMPHRIS ADVOCATES EXERCISE.**

In reply to your question as to the advisability of gymnastic exercises in this climate, they are, in my opinion, even more necessary here than in cooler places, and for this reason more especially. In more temperate weather one is apt to take, even without noticing it, more exercise. The tendency here is to take as little exercise as possible, and I think that light exercises in a gymnasium could only be of benefit to any who take them.

With kind regards,  
F. HOWARD HUMPHRIS.

DR. COOPER APPROVES.

In response to your request for an opinion on the necessity of suitable exercise for the gentler sex, especially in this climate, would say that in this of all climates, where the temperature is so even the year around, the whole physical as well as mental condition

becomes enervated and is vastly improved in both sexes by well directed exercise. From what I know and have heard of your course of physical instruction I approve most highly and shall take pleasure in recommending my female patients to take of you such course of instruction and exercise as is best adapted to the individual case. Wishing you the greatest success in forming large classes in this very necessary health work.

CHARLES B. COOPER, M. D.

**DR. WAYSON ALSO AGREES.**

I am more than glad to give my hearty endorsement to the effort that is being made to interest the women of Honolulu in physical culture.

I regard exercise as being absolutely necessary to good health. Under ordinary circumstances, being of far greater value than any medicine.

DR. J. T. WAYSON.

**REGULAR EXERCISE NEEDED.**

Owing to the enervating climate of Honolulu most people are prone to take insufficient exercise thus endangering a nervous and debilitated condition. Regular exercise is what is needed and I would heartily recommend a course of physical exercise as very beneficial bringing as it does every part of the body into action and thus stimulating the muscular, circulatory and nervous systems.

ARTHUR G. HODGINS, M. B.

**DR. MAYS' VIEWS.**

Physical exercise is as necessary to health in this climate as in any other. Of course it must be conducted with judgment and moderation. Great harm may come from undue strain placed upon a heart and blood vessels that are not prepared for the demand.

Women require outdoor exercise here as much as men do; even more, I think. The strongest and healthiest ladies among us are those who lead an active life, who do their marketing and shopping afoot, who take a delight in gardening and flower culture, and with whom a long walk is a matter of daily habit. The contrary is also true. Those who sit indoors for hours at a time, who find it an effort to walk a block, and who take a long nap at mid-day, will surely find their health and strength deteriorate, and become victims of nerve exhaustion with its train of ills and wretchedness. This is an outdoor country, both for men and women.

What forms of physical exercise are best for girls? Those that develop the chest: basket ball, tennis, Indian clubs, all the usual appurtenances of a well appointed gymnasium, and, incidentally, baseball, hockey and football. Expand and strengthen the chest: this is the keynote of a fine physique. Increase the size and power of the chest-muscles and the arm-muscles, and in so doing you augment the reserve force of the heart and add many cubic inches to the breathing capacity of the lungs. A strong heart and capacious lungs are no mean allies in resisting the assaults of disease. Develop the chest, and the rest of the body will take care of itself. A good thorax means good arms, good back muscles and good legs.

Among the Spartans, both boys and girls were taught to run, swim, leap and throw the lance. The Greek girl was not allowed to marry till she showed proficiency in gymnastic exercises.

It is to the young that the gospel of development must be preached. The young man or woman who has gained in youth an ample chest and strong limbs has laid a priceless foundation for a sturdy manhood or womanhood. A fine physique once attained is never wholly lost. Galton points out that men of genius usually possess a good physique. Exceptions there may be, such as Alexander Pope, Thomas Carlyle and Mrs. Browning, but broadly taken the rule holds good.

Fifty years ago, a writer in the North American Review thus bewails the physical degeneracy of that day: "What a pale, cadaverous, prematurely aged set of youths assemble as graduating classes in our venerated universities! Oh for a touch of the Olympic games!" We have travelled far since then, as the writer would admit if he could see the college campus of today.

W. H. MAYS.

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